Caring

Sub-Concepts Covered: Gratitude, Compassion, Empathy, Kindness

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the ‘share’ step to reinforce learning from previous lessons. The ‘act’ piece is woven into the lessons but really takes place in the projects.

This is the second unit of the Kindness in the Classroom curriculum. It builds upon the base of respect presented in the first unit, with an increased focus on how to go deeper and apply this respect via caring and its subconcepts. Students are fine tuning their ability to find a balance between growing up and embracing kindness. Encourage the necessity of self-care as a required stepping block in the process of practicing caring, compassion, and empathy for others.

Unit Objective

Students will:

- Utilize self-care tools and methods to increase their own self-respect.
- Examine their current life situation and highlight areas of gratitude, no matter how small.
- Practice demonstrating genuine empathy and compassion for others within their own community.

Student Introduction

Caring- the concept is nothing new to you at this point in your life. You have been caring for yourself (and probably others) in some capacity for years. However, true caring embraces a spirit of kindness through gratitude, compassion and empathy. This unit will focus on expanding your horizons within this concept. HOW do you show you care? What does that look like? Sound like? Feel like? HOW do you respond when others show they care? Our focus during this unit is as follows:

- The Importance of Self-Care
- Finding Gratitude Day to Day
- Expressing Empathy
<table>
<thead>
<tr>
<th>Main Lesson Title</th>
<th>Weekly Objectives</th>
<th>Main Lesson Materials</th>
<th>Mini Lessons</th>
</tr>
</thead>
</table>
| **Lesson 1**        | 20 Questions                                                                                                                                                                                                                                                                   | ❑ Buzzer (or other signaling item) for each group  
❑ Pencils  
❑ Index cards                                                                 | **Small Group**-  Home vs. School  
**Partners**-  Improving Self-Care  
**Individual**-  Self-Care Examination  
**Technology Focus**-  Digital Time Tracker                                                                 |
| **Lesson 2**        | School Gratitude  
● Explore how they currently demonstrate self-care in both physical and mental ways.  
● Create a personal goal for increasing self-care as a part of their daily routine                                                                                             | ❑ Large butcher paper  
❑ Basic art supplies  
❑ Tape                                                                 | **Small Group**-  Gratitude for Country  
**Partners**-  Thank You Cards  
**Individual**-  Stretching Your Gratitude  
**Technology Focus**-  Technological Help                                                                 |
| **Lesson 3**        | In My Place  
● Explore the difference between sympathy and empathy.  
● Develop an understanding of empathy as it applies to them personally.  
● Practice empathy in a variety of scenarios throughout their daily routine.                                                                                             | ❑ No materials are required for this lesson                                                                 | **Small Group**-  Role Plays  
**Partners**-  Common Struggles  
**Individual**-  Listen Up!  
**Technology Focus**-  Empathy and Technology Use                                                                 |
| **Lesson 4**        | Empathy + Compassion  
● Explore the need for a combined approach of both compassion and empathy when helping others.  
● Examine common assumptions when analyzing situations using only surface level approaches.                                                                                | ❑ Projector for pictures  
❑ Pictures (see lesson)                                                                 | **Small Group**-  Compassion Analysis  
**Partners**-  Compassion Haiku  
**Individual**-  Sharing Compassion  
**Technology Focus**-  Movie Analysis                                                                 |
## Caring for Me

The class will focus on self-care and the impact it has on our lives. Students will be tracking sleep, mood, and productivity levels to see how self-care affects them long term.

- Tracking form (one for each student)
- Blank graph paper
- Rulers
- Green, blue, and red colored pencils
- Computer
- Software to create handouts (optional, as this can be done through basic art if needed)
- Basic art supplies